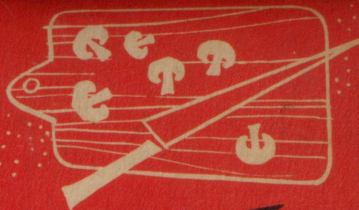


**SLACK'S
WATERLOO**



MUSHROOM RECIPES

... new ideas for preparing
tasty, economical dishes



HORS D'OEUVRES

SOUPS AND SAUCES

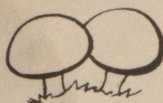
FISH AND EGGS

VEGETABLE AND LUNCHEON DISHES

MEAT

This recipe booklet has been specially prepared to help you derive even greater enjoyment and economy from mushrooms.

SLACK BROTHERS
Waterloo, Quebec



The Romance of Mushrooms

During his reign, King Louis XIV of France (1638-1715) greatly encouraged the arts, including that of fine cooking. This encouragement resulted in the first known cultivation of mushrooms specifically to assist in the development of the culinary art.

By 1707 a complete description of the methods of mushroom cultivation had been written by a Monsieur Tournefort, who revealed that the bulk of the mushrooms used during this period were grown near Paris in abandoned caves from which building stone had been quarried for years. By 1867, a cave near Paris with 21 miles of beds was producing 3,000 pounds of mushrooms daily.

A major step in the scientific cultivation of mushrooms was taken in 1890, when a method for germinating mushroom spores was developed. This made possible the controlled growth of better spawn (the seed of the mushroom) and a more dependable crop production.

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From France, the mushroom industry spread to England and other European countries, then to the United States. Mushrooms were first commercially grown in the United States in 1864 on the outskirts of New York City from spawn imported from France and England. By 1890, a flourishing mushroom industry had been developed on Long Island, and was greatly stimulated in 1918 when a technical advance, known as "Pure Spore Culture", was developed in Pennsylvania. This advance made it possible to produce a spawn of known vigour and variety which — of greatest import — was also free from disease or insects.

In Canada — up to 30 years ago — there were only two mushroom growers of any consequence. And even up until fifteen years ago, there were more mushrooms grown by Slack Brothers than by the combined efforts of all the growers in Ontario.

Today, the mushroom has come of age in the modern kitchen, having passed from the position of a luxury to that of an economical, staple food.

We hope this recipe booklet will help you derive even greater enjoyment and economy from mushrooms.

SLACK BROTHERS
Waterloo, Quebec

Food Value of SCIENTIFICALLY CULTIVATED MUSHROOMS

Doctors Anderson and Fellers (Reported in Proceedings of the American Society of Horticultural Science, Vol. 41, 1942) give the following summary of their analyses.

"Properly supplemented, the mushroom is entirely suitable as a source of protein. . .The mineral content provides an additional source of iron and copper with the iron content of special significance because so many of the American dietaries are low in this essential element. The mushroom was found to constitute an excellent plant source of nicotinic acid and riboflavin, a good source of pantothenic acid (the anti grey hair vitamin), and a fair source of vitamins B. C. and K. Thus, although mushrooms will probably be eaten for their innate flavour and taste appeal, they do possess definite food values and are not a purely luxury food in our every day dietary."

According to Doctors V.H. Cheldelin and Roger J. Williams, (Bulletin No. 4237 University of Texas), the vitamin content of mushrooms is higher in Riboflavin and Niacin than most vegetables and meats.

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COOKING HINTS

When mushrooms are received, the cover should be taken off the container and air allowed to reach them. Before they will go bad, they will dry and remain usable provided there is good air circulation. Mushrooms will keep for many days in a refrigerator, but should not be frozen.

It is not necessary to peel cultivated mushrooms—just wash them in water, using a soft brush.

Use the entire mushroom because stems have the same flavour as caps. If stems are somewhat dry, add a little water when frying.

Mushrooms should be cooked slowly until dark in colour—20 to 30 minutes—which improves flavour and tenderness. When mushrooms are sautéed, use a heavy iron frying pan with a close-fitting lid to ensure even heat and high moisture retention.

When substituting canned for fresh mushrooms, one 10 oz. can is the equivalent of one-half pound of fresh mushrooms.

Canned mushrooms require less cooking time than fresh mushrooms since they are already cooked, but the same degree of dark colour should not be expected. For maximum flavour, use the liquid from canned mushrooms for the liquid specified in the recipe, or save it for soups or gravies.

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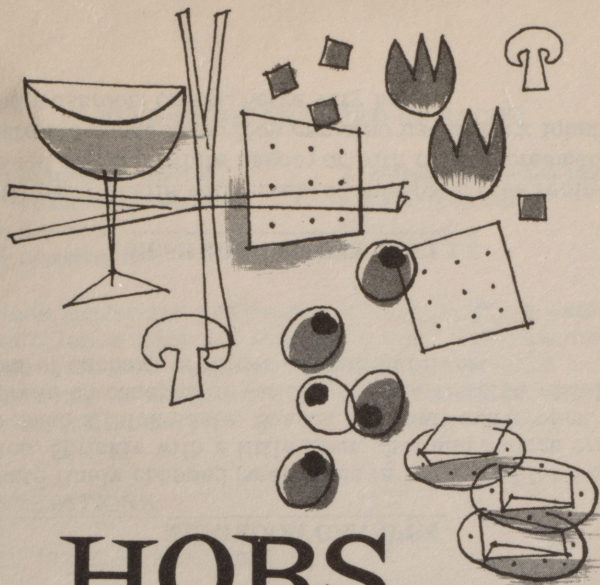
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HORS D'OEUVRES

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MEAT

STUFFED MUSHROOM CAPS

Sauté mushroom caps in butter, and stuff with chopped ham mixed with mayonnaise.

MUSHROOM CANAPÉS

Sauté finely chopped mushrooms in hot butter for 5 minutes. Sprinkle with a little flour, then add enough cream to make a thick paste. Season with salt and pepper. Spread on canapés of various shapes. Garnish with fillets of anchovy or slices of stuffed olives.

MUSHROOM PATTY SHELLS

Fill patty shells with cream of mushroom (see recipe, based on thick white sauce) or with canned creamed Waterloo mushrooms. You can also use a thick lobster and mushroom cream. Serve very hot.

MUSHROOMS WRAPPED IN BACON

½ lb fresh "Waterloo"
mushrooms, whole
½ cup water
½ teaspoon salt

3 tablespoons lemon juice
1 tablespoon butter
¼ lb bacon

Wash mushrooms and remove the stems. Bring water, salt, lemon juice and butter to a boil. Add mushroom caps, and boil 4 or 5 minutes. Drain. Wrap each mushroom cap in bacon, and fasten with toothpick. Broil in oven until done.

VARIATIONS:

1) COLD MUSHROOMS

Drain broiled mushrooms wrapped in bacon (see above). Cool, and serve with a salad.

2) PICKLED MUSHROOMS

Follow above recipe; then drain boiled mushrooms, cool, and soak overnight in your favourite garlic French dressing.

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MUSHROOMS AU GRATIN

Remove stems from mushrooms. Place caps in a well-buttered baking dish. Sprinkle with fresh bread crumbs, some finely chopped parsley and chives, and either a little grated Parmesan cheese or some finely chopped cooked ham. Season with salt and pepper and moisten with melted butter. Bake 15 to 20 minutes in a moderate oven (350° F.)

GRILLED MUSHROOMS

Let mushrooms stand for 1 hour in warm melted butter, turning them over occasionally. Season with salt and pepper. Grill quickly under the broiler, turning mushrooms over once only. Serve on buttered toast with a squeeze of lemon juice and a sprinkling of chopped parsley.

MUSHROOMS FLAMBÉS

1 lb. fresh "Waterloo" mushrooms, whole, but with stems removed.	Salt and pepper to taste 1 cup Sherry Brandy
¼ cup butter	Cream to taste

Sauté fresh mushroom caps in hot butter. Season. Cover with 1 cup of Sherry, and simmer until fairly dry. Add a small quantity of brandy, and flambé. When flame is out, add cream to taste.

4 servings.

N.B. Do not throw mushroom stems away; they can be used in soups or sauces.

MUSHROOMS SAUTÉS

Cut mushrooms in three or four slices according to size. Season with salt and pepper. Sauté in sizzling butter until tender.

MUSHROOMS WITH HERBS

Sauté mushrooms in butter as in above recipe. Then, just before serving, add some finely chopped parsley.

MUSHROOMS LYONNAISE

Same recipe as for mushrooms with herbs, but replace chopped parsley with finely chopped onion sautéed in butter.

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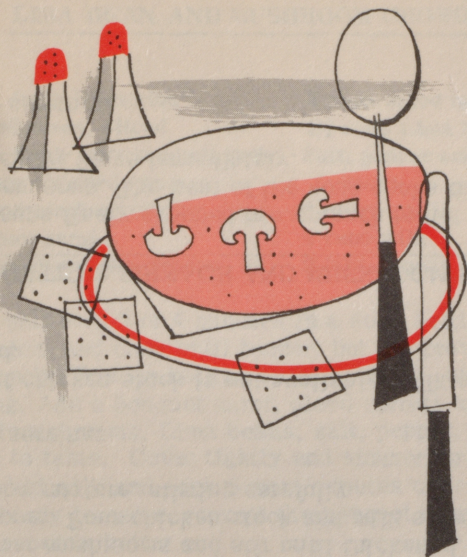
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SOUPS and SAUCES

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VEGETABLE AND LUNCHEON DISHES

MEAT

CREAM OF MUSHROOM SOUP

½ lb. fresh "Waterloo"
mushrooms, sliced
¼ cup butter
¼ cup flour

¼ teaspoon pepper
1 tablespoon salt
4 cups chicken stock
2 cups milk

Sauté mushrooms in hot butter for about 5 minutes. Sift flour over mushrooms and stir until thickened. Add salt and pepper. Pour chicken stock and milk slowly into mushroom mixture, stirring carefully.

8 — 10 servings.

N.B. If chicken stock is not available, milk only may be used.

VARIATION: SPINACH AND MUSHROOM SOUP

Add 2 cups finely chopped raw spinach to hot cream of mushroom soup. The heat of the soup cooks the spinach sufficiently. Serve immediately.

8 — 10 servings.

LIMA BEAN AND MUSHROOM CHOWDER

½ lb. fresh "Waterloo" mushrooms, sliced	2 cups diced raw potatoes
¼ lb. finely chopped salt pork	1½ cups Lima beans
1 large chopped onion	Salt, pepper and nutmeg to taste
4 cups stock or water	1 clove garlic
*Bouquet garni	4 cups milk
2 cups diced raw carrots	2 tablespoons butter

Sauté salt pork 3 or 4 minutes in a soup kettle. Add chopped onion, and cook until tender, but not brown, stirring constantly. Pour in boiling stock or water, stirring while pouring. Add a bouquet garni, diced carrots and potatoes, sliced mushrooms, Lima beans, salt, pepper, nutmeg and garlic to taste. Cover tightly and simmer for 20 minutes. Add milk and cook 5 more minutes over a slow fire. When ready to serve, remove the bouquet garni and add 2 tablespoons butter.

6 servings.

***BOUQUET GARNI:** This is a French expression for a bundle of seasoning herbs and vegetables tied together with string for easy removal from the pot. A "bouquet garni" usually includes celery, parsley, thyme, bay leaves and occasionally fennel, leeks, marjoram, tarragon and other herbs, as specified in recipes, or according to individual taste.

FISH AND EGGS

VEGETABLE AND LUNCHEON DISHES

MEAT

MUSHROOM CHOWDER

It's cold outside? A steaming bowl of this delicious soup will cheer you up!

½ lb. fresh "Waterloo"
mushrooms, sliced

1/3 cup butter

4 tablespoons rice or barley

1½ cups stock or water

1 large onion, chopped

4 cups boiling water
or consommé

½ cup raw carrots, grated

¾ cup raw potatoes, diced

½ cup celery, finely chopped

1 tomato, peeled and quartered

Salt and pepper

Cayenne to taste

Soak rice or barley in 1½ cups stock or water for at least 1 hour. Melt 1/3 cup butter in a soup kettle, and brown the sliced mushrooms and the onion for about 5 minutes. Add 4 cups boiling water or consommé. Bring to a boil, and add the carrots, potatoes, celery, tomato, the drained barley or rice, salt, pepper and a dash of cayenne to taste. Simmer for about 45 minutes. Serve very hot.

5 or 6 servings.

N.B. Half water or consommé and half milk may be used. A tablespoon of whipped cream may be floated in each plate.

MUSHROOM SAUCE

¼ lb. fresh "Waterloo" mushrooms, sliced	2 tablespoons olive or other salad oil
1 small onion, chopped	¼ teaspoon salt
1 clove garlic minced	Dash pepper
	1 cup sauterne wine

Sauté sliced mushrooms, minced onion and garlic in hot oil; cook until tender and lightly brown. Add salt and pepper. Stir in wine, and cook slowly for 15 minutes. Serve over steak, veal, lamb or pork chops.

STEAK SAUCE FIT FOR A KING

½ lb. fresh "Waterloo" mushrooms, finely chopped	1 cup olive oil
12 fillets of anchovy	½ cup finely chopped parsley
3 cups red table wine	6 cloves garlic, finely chopped
½ cup cooking brandy	½ teaspoon salt
¾ cup tomato paste	½ teaspoon pepper

Combine all ingredients in a saucepan. Bring to a boil, then reduce heat and simmer 15 to 20 minutes, stirring frequently.

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WHITE SAUCE AND VARIATIONS

	<u>Thin</u>	<u>Medium</u>	<u>Thick</u>
Flour.	.1 tablespoon	2 tablespoons	3 tablespoons
Milk	.1 cup	1 cup	1 cup
Butter	.1 tablespoon	2 tablespoons	3 tablespoons

Salt and pepper to taste.

VARIATIONS:

To obtain a mushroom soup or sauce, add to thin white sauce sautéed mushrooms and seasonings to taste.

To obtain a brown mushroom sauce, measure ingredients in the same proportions as for thin sauce, but brown butter and flour before adding liquid, and replace milk by water, consommé or cream; add sautéed mushrooms and seasonings to taste.

To obtain a mushroom and tomato sauce, replace milk, water, cream or consommé by tomato juice, add sautéed mushrooms and seasonings to taste. For a "hot" sauce, add some chopped green pepper, a few bay leaves, Worcestershire sauce and a few drops of tabasco.

To obtain chowders, dishes à la King or creamed dishes to be served on toasts or patty shells, add to medium white sauce peas and sautéed mushrooms, or asparagus, or meat, fish or eggs, and seasonings to taste.

MY FRIEND MARTHE'S SPAGHETTI SAUCE

½ lb. fresh "Waterloo" mushrooms, whole or sliced	2 teaspoons salt
2 tablespoons butter	1 teaspoon pepper
½ lb. ground beef	½ teaspoon sugar
½ lb. ground pork	2 bay leaves
3 or 4 chopped onions	2 whole cloves
2 cloves garlic minced	½ teaspoon cayenne
2 tablespoons salad oil	Dash of allspice
2 cans (28 ounces) tomatoes	2 lbs. spaghetti
1 cup tomato paste	Grated Parmesan cheese

Brown onion and garlic in salad oil. Meanwhile, brown ground pork and beef. Add all other ingredients, including browned onion and garlic, except mushrooms, butter, spaghetti and cheese. Simmer 5 hours over low heat. Before serving, brown mushrooms in hot butter for 5 to 8 minutes. Cook spaghetti in boiling salted water. Drain, rinse under cold water, then under very hot water, and drain again. Serve spaghetti on individual plates, cover with sauce and top with browned mushrooms. Sprinkle with parmesan cheese.

8 to 10 servings.

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MUSHROOM SAUCE FOR SPAGHETTI

½ lb. fresh "Waterloo" mushrooms, sliced	½ cup chopped green pepper
1 cup sliced onions	2 cups tomato sauce
1 clove garlic minced	2/3 cup tomato paste
1 lb. ground lean beef	2 teaspoons salt
1 tablespoon salad oil	¼ teaspoon pepper
1 cup finely diced celery	1 lb. spaghetti
½ cup sliced stuffed olives	Grated Parmesan cheese

Brown garlic, onion, mushrooms and ground beef in hot salad oil. Add all remaining ingredients except spaghetti and cheese. Bring to a boil and simmer slowly 1¼ hours. Pour on cooked and drained spaghetti, sprinkle with Parmesan cheese and serve.

4 to 6 servings.

QUICK 'n EASY TOMATO AND MUSHROOM SAUCE

½ lb. fresh "Waterloo"
mushrooms, sliced
2 tablespoons chopped onion
2 tablespoons butter
1 tin (10 ounces) condensed
cream of tomato

½ cup water
½ teaspoon Worcestershire
sauce
Flour, salt and pepper

Sauté mushrooms and onions in hot butter for 5 minutes. Sprinkle with a little flour, and season to taste, stirring constantly. Add cream of tomato, water and Worcestershire sauce. Cook 10 minutes over low heat. Serve hot.

N.B. This sauce may be served with hamburger steak, meat or rice loaf, sausages, veal, lamb or pork chops.

5 servings.

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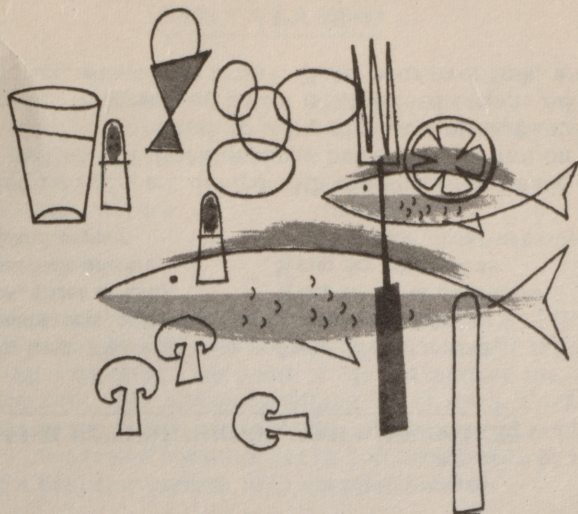
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VEGETABLE AND LUNCHEON DISHES

MEAT



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MEAT

MUSHROOM STUFFING FOR FISH

½ lb. fresh "Waterloo"	1 tablespoon chopped
mushrooms, thinly sliced	parsley
1 small onion, finely chopped	Few drops lemon juice
4 tablespoons butter	¼ cup light cream
2 cups fresh bread crumbs	Salt and pepper to taste

Sauté the mushrooms and onion in butter for 5 minutes. Remove from fire, blend in bread crumbs, parsley and lemon juice. Add about ¼ cup light cream, or just enough to moisten the stuffing. Season with salt and pepper and blend well.

FISH WITH MUSHROOM AND WINE SAUCE

½ lb. fresh "Waterloo"	Flour to dredge fish
mushrooms, sliced	4 tablespoons butter
2 lbs. fillet of cod,	¾ cup water or consommé
haddock or sole	½ cup dry white wine
Salt and pepper	

Cut fish in 8 pieces; dredge with seasoned flour and fry in skillet with 2 tablespoons butter until brown on both sides. Remove fish to warm dish or platter. Sauté mushrooms in remaining butter until golden brown. Add water or consommé, and wine. Heat; pour over fish, and serve.

TUNA À LA KING

½ lb. fresh "Waterloo"
mushrooms, sliced
¼ cup chopped green pepper
¼ cup butter
3 tablespoons flour
2 cups milk
Salt and pepper

1 beaten egg yolk
2 cups tuna, drained
and flaked
2 tablespoons finely cut
pimiento
1 teaspoon chopped parsley

Brown mushrooms and green pepper in butter. Add flour and blend. Add milk and seasonings. Cook until thick, stirring constantly. Stir some of the hot mixture into beaten egg yolk; then add to remaining hot mixture. Cook a minute or two, stirring constantly. Add tuna and pimiento. Serve over baked potatoes cut in half lengthwise or in noodle baskets; garnish with chopped parsley.

6 servings.

NEW ENGLAND FISH PIE (Mrs. A.R. Morrison's recipe)

½ lb. fresh "Waterloo"
mushrooms, sliced

1 pastry recipe

3 cups flaked cooked fish

3 cups well seasoned medium white sauce

3 boiled potatoes

1 cup green peas

1 teaspoon capers

(optional)

(over)

VEGETABLE AND LUNCHEON DISHES

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Sauté sliced mushrooms in hot butter 5 minutes. Combine with flaked fish. Add well seasoned white sauce, then diced boiled potatoes. Stir in peas and cool. Pour this mixture into pastry-lined deep dish. Top with rounds of pastry shaped with cookie cutter. Bake at 375° F. for 45 minutes.

4 servings.

SCRAMBLED EGGS WITH MUSHROOMS

½ lb. fresh "Waterloo"	8 eggs
mushrooms, sliced	3 tablespoons cream
3 tablespoons butter	Salt and pepper

Sauté mushrooms in hot butter for a few minutes; remove mushrooms, but not butter from skillet. Beat the eggs lightly, then add the cream, salt and pepper. Pour the egg mixture into the hot butter, and as it begins to thicken, add the sliced mushrooms. Cook slowly, stirring constantly until creamy.

4 servings.

N.B. Scrambled eggs will be creamier if cooked in the top of a double boiler rather than in a frying pan.

MUSHROOM OMELET

½ lb. fresh "Waterloo"
mushrooms, sliced
4 slices bacon
8 eggs
1 teaspoon salt

1/8 teaspoon pepper
1 tablespoon water
1/8 teaspoon savory
4 tablespoons butter

Fry bacon until crisp and brown; drain on paper towel-
ing; crumble into small pieces. Add sliced mushrooms
to hot bacon fat and cook until lightly browned. Remove
mushrooms and pour fat out of skillet.

Beat eggs lightly. Add salt and pepper, water and savory.
Melt two tablespoons butter in a skillet. Pour in one half
of beaten egg mixture and cook over low heat without stir-
ring. As eggs begin to set, lift edges with spatula so un-
cooked portion may run into skillet. When omelet is set,
sprinkle one half of crumbled bacon and one half of mush-
rooms over one half of omelet; fold other half over bacon
and mushrooms. Remove folded omelet from skillet to hot
platter.

Melt remaining 2 tablespoons butter. Repeat procedure to
make a second omelet. Serve immediately.

4 servings.

TOMATO AND MUSHROOM OMELET

OMELET:

5 eggs
1/3 cup milk

2 tablespoons butter
Salt and pepper

SAUCE:

1/2 lb. fresh "Waterloo"
mushrooms, sliced

2 tablespoons finely
chopped onion

2 1/2 cups canned tomatoes

1 teaspoon sugar

2 tablespoons chopped green
pepper

Salt and pepper

Sauté mushrooms and onions in hot butter for 5 minutes. Meanwhile, boil canned tomatoes, sugar and seasonings for about 5 minutes. Add green pepper and sautéed mushrooms and onion. Cook together for 15 minutes.

Beat the eggs. To make omelet more tender, add 1/2 tablespoon butter cut into very small pieces. Add milk and seasonings. Pour into hot buttered heavy skillet. Cook over low heat, or bake in oven until set, creamy and golden brown underneath. Slide cooked omelet onto warm platter; pour half of sauce over omelet, fold, and pour remaining sauce over and around folded omelet. Serve immediately.

4 servings.

MUSHROOM SOUFFLÉ

½ lb. fresh "Waterloo"	¼ cup flour
mushrooms, finely chopped	3 egg yolks, beaten
1 cup milk	3 egg whites, stiffly beaten
¼ cup butter	Salt and pepper

Brown chopped mushrooms in butter, blend in flour, salt and pepper. Add milk gradually, and cook until thick, stirring constantly. Cool. Add beaten egg yolks, then fold in stiffly beaten egg whites. Pour into greased baking dish; bake 45 minutes at 325° F.

4 servings.

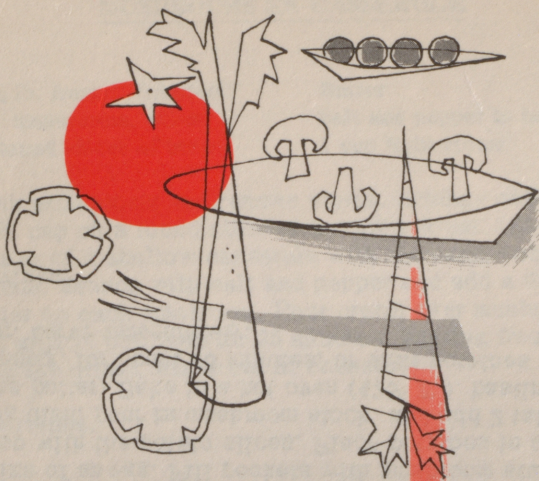
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VEGETABLE
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VEGETABLE and LUNCHEON DISHES

VEGETABLE AND LUNCHEON DISHES

MEAT

POTATOES STUFFED WITH MUSHROOMS

½ lb. fresh whole "Waterloo"
mushrooms

1½ tablespoons chopped chives

1½ tablespoons bread crumbs

1 egg

Salt and pepper

6 large baking potatoes

Stock from mushrooms
(see below)

2 tablespoons butter

Cook whole mushrooms for 15 minutes in boiling salted water. Drain and dice mushrooms. Put mushroom stock aside. Combine mushrooms with chives, bread crumbs and egg; season with salt and pepper; blend mixture thoroughly. Peel 6 large baking potatoes; cut a slice lengthwise from top of each, and set slices aside. Scoop out center of each potato, making a pocket about the size of an egg. Fill pockets with mushroom stuffing, and top with the potato slices. Place potatoes in a deep baking dish, pour in mushroom stock, and add 2 tablespoons butter. Bake in a hot oven (425° F.), basting frequently, for about 45 minutes, or until potatoes are tender. Serve immediately.

6 servings.

MUSHROOMS EN CASSEROLE

½ lb. fresh "Waterloo"
mushrooms, whole
Round slices of bread

Butter
Salt and pepper to taste
1 cup light cream

Wash mushrooms and remove stems. Arrange each mushroom cap on a round slice of buttered bread. Line the bottom of a shallow casserole with the mushroom-bread rounds. Season with salt and pepper and add a dab of butter on each mushroom. Pour cream over mushrooms, and grill in the oven for 25 minutes, basting frequently with the cream. Serve hot in casserole.

4 servings.

CAULIFLOWER IN MUSHROOM SAUCE

1 large cauliflower
2 cups medium white mushroom
sauce (see mushroom sauce recipe)

¼ cup grated cheese
Toast crumbs

Remove cauliflower leaves and stems. Let it soak 10 minutes in salted water, then cook until tender in boiling salted water, 10 to 15 minutes. Drain. Place cauliflower in oven-baking dish and cover with mushroom sauce. Sprinkle with toast crumbs and grated cheese. Bake at 350° F. until golden brown.

5 servings.

TOMATOES À LA HUSSARDE

½ lb. fresh "Waterloo"
mushrooms, chopped
10 small tomatoes
1 small minced onion
1 teaspoon minced parsley
1 teaspoon minced pimienta

1 cup diced cooked ham
½ cup thick white sauce
(see white sauce recipe)
Bread crumbs
Melted butter

Cut a slice off top of each tomato; scoop out centers, sprinkle with salt and drain. Brown onion and mushrooms in butter; add parsley. Cover and cook for 15 minutes. Combine mushrooms, onion and parsley with ham, pimienta and white sauce. Fill tomatoes with this mixture. Sprinkle with bread crumbs, brush with melted butter, and bake at 350° F. until tomatoes are nicely browned and tender.

5 servings.

CAULIFLOWER IN CHEESE AND MUSHROOM SAUCE

½ lb. fresh "Waterloo"
mushrooms, sliced
1 medium size cauliflower
2 tablespoons butter
2 tablespoons flour

1 cup milk
¼ teaspoon salt
Dash pepper
½ cup grated strong
Canadian cheese

Remove cauliflower leaves and stems; divide in sections. Cook cauliflower sections covered, in very little unsalted boiling water until tender (about 10-15 minutes); drain. Arrange in serving dish, and cover with cheese and mushroom sauce.

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CHEESE AND MUSHROOM SAUCE

Cook mushrooms in butter until tender. Blend in flour. Gradually add milk, and cook, stirring constantly until thick. Season with salt and pepper. Add grated cheese, and stir until melted. Pour over cauliflower and serve at once.

6 servings.

BAKED CABBAGE AND MUSHROOMS

½ lb. fresh "Waterloo"
mushrooms, sliced
½ medium-sized cabbage
3 tablespoons butter

3 tablespoons flour
1½ cups milk
Salt and pepper
Bread crumbs

Slice cabbage and boil in very little salted water until tender (3-5 minutes). Sauté sliced mushrooms in butter; sprinkle with flour and mix; add milk gradually, stirring constantly until thick.

Place boiled cabbage in buttered baking dish, pour in mushroom sauce, and top with bread crumbs and dabs of butter.

Bake at 350° F. for 20 minutes.

5 servings.

SCALLOPED POTATOES AND MUSHROOMS

½ lb. fresh "Waterloo" mushrooms	2 tablespoons chopped parsley
3 medium-sized potatoes	1 small onion, finely chopped
1 clove garlic	1 cup thick cream
½ cup grated Swiss cheese	2 tablespoons butter
	Salt and pepper

Peel raw potatoes and slice them thinly; wash, dry, and add salt and pepper. Wash, dry and slice mushrooms thinly along the width. Rub a baking dish with garlic, then with butter. Alternate 1 layer of potatoes and 1 layer of mushrooms, sprinkling each layer with grated cheese, parsley and onion. Finish with a layer of potatoes, and cover with cream. Top with grated cheese and dabs of butter. Bake in moderate oven (350° F.) for 1 hour, or until potatoes are tender. Serve very hot.

5-6 servings.

RICE AND MUSHROOM LOAF

½ lb. fresh "Waterloo" mushrooms, chopped	1 green pepper, finely chopped
1 cup uncooked and washed rice	¼ cup sliced pimiento
2 cups water	2 cups milk
2 tablespoons butter	1 egg
1 small onion, finely chopped	½ cup bread crumbs
	½ cup grated cheese (Parmesan or Canadian)
	Salt and pepper

Cook rice in 2 cups boiling salted water for about 15 minutes. Drain and rinse under cold water. Brown onion and green pepper in butter 5 minutes; add mushrooms and cook 10 minutes. Add cooked rice and pimiento. Beat egg with milk, and pour over mixture. Turn into buttered baking dish; sprinkle with bread crumbs and grated cheese. Bake for 30 minutes at 350° F.

5 servings.

N.B. This rice loaf is also delicious when served cold with a salad.

MACARONI WITH TOMATOES AND MUSHROOMS

½ lb. fresh "Waterloo"
mushrooms, sliced

2 cups macaroni

2 tablespoons butter

2 tablespoons chopped onion

2 tablespoons chopped
green pepper

1 cup cooked chopped meat
or left-over meat

2½ cups canned tomatoes

Salt and pepper to taste

¼ cup bread crumbs
or grated cheese

Cook macaroni in salted boiling water until tender, about 15 minutes. Drain and rinse under cold water. Sauté sliced mushrooms and onion in hot butter 5 minutes. Add green pepper, cooked meat and canned tomatoes. Season to taste. Combine with cooked macaroni and pour into a buttered baking dish. Sprinkle with bread crumbs or grated cheese. Bake in moderate oven (350° F.) until golden brown or about 30 minutes.

6 servings.

MUSHROOM AND VEGETABLE SALAD BOWL

¼ lb. fresh "Waterloo" mushrooms, sliced	1 stalk broccoli (flowerets only)
2 sliced tomatoes	2 carrots, cut in thin strips
¼ cup cooked snap beans	1 bunch radishes, sliced
½ cup cooked lima beans	1 sliced onion
1 cucumber peeled, scored and sliced	French dressing
	Mixed greens

Marinate tomatoes, beans, lima beans, cucumbers and mushrooms in French dressing, leaving them in the refrigerator overnight, or at least four hours. Drain, saving the marinade. Arrange both marinated and raw vegetables — broccoli flowerets, carrots, radishes and onion — on a bed of mixed greens.

Serve with dressing made from additional French dressing and the marinade savings. Toss salad thoroughly before serving.

4 to 6 servings.

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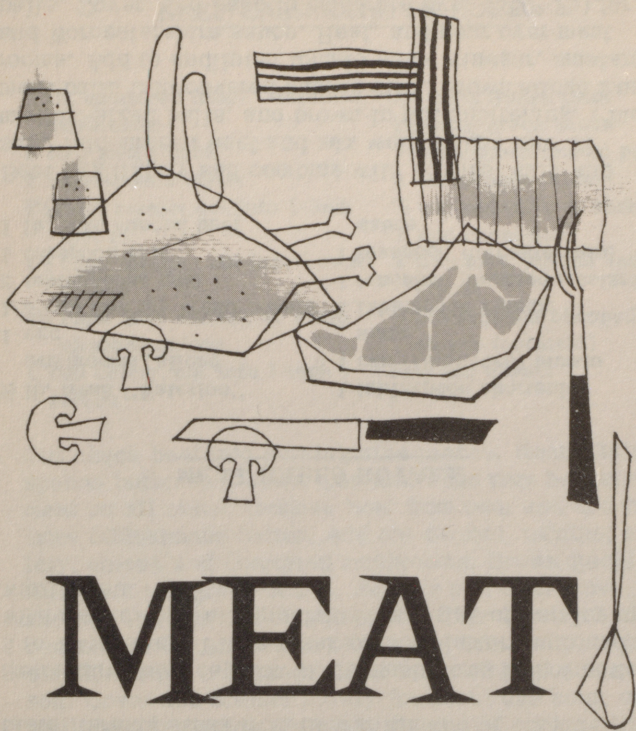
- | | |
|---|---|
| $\frac{1}{2}$ lb. fresh "Waterloo"
mushrooms, sliced | 1 cup peas |
| 1 medium onion, finely
chopped | 4 cups consommé, or water,
or canned tomatoes, or half
consommé and half tomatoes |
| $\frac{1}{2}$ lb. sliced pork sausages | $\frac{1}{4}$ cup grated Parmesan cheese |
| $\frac{1}{4}$ cup olive oil | Salt and pepper to taste |
| $1\frac{1}{2}$ cups uncooked and
washed rice | |

Fry the onion, mushrooms and sausages in olive oil until lightly browned. Add rice and stir until golden brown. Add peas and liquid. Cover sauce-pan and simmer over low heat for thirty minutes, or until rice is tender. Sprinkle with grated Parmesan cheese and serve.

5 or 6 servings.

FOR YOUR OWN MUSHROOM RECIPE CLIPPINGS

MEAT



STEAK AND MUSHROOMS

A popular way to eat mushrooms.
and here's how to prepare them.

Have steak at room temperature. Brush both sides with oil. Sear meat in sizzling hot skillet, and brown well on both sides. Reduce heat, and cook until done to taste, turning steak from time to time.

Sauté mushroom caps or whole mushrooms in hot butter 5 to 10 minutes. Place steak on hot platter, surround with mushrooms, and garnish with sprigs of parsley or watercress.

MEAT BALLS ROYALE

½ lb. fresh "Waterloo"	1 tablespoon shortening
mushrooms, sliced	1 can (10 ounces) tomato
1 egg	soup
1/3 cup fine dry bread crumbs	1 tablespoon vinegar
2 tablespoons milk	1 teaspoon prepared mustard
1 teaspoon salt	1 teaspoon Worcestershire
1 lb. lean minced beef	sauce

Beat egg lightly and combine with crumbs, milk and salt. Add minced beef and mix well. Shape into 12 medium-sized balls, and brown in hot shortening. Place meat balls into covered baking dish. Brown sliced mushrooms. Add to undiluted tomato soup, vinegar, mustard and Worcestershire sauce. Heat, and pour over meat balls. Cover, and bake in moderate oven (350° F.) for 30 minutes.

4 servings.

BEEF CASSEROLE DE LUXE

½ lb. quartered fresh "Waterloo" mushrooms	1½ cups frozen peas
3 lbs. chuck beef	1½ cups green beans
4 tablespoons butter	1 tablespoon tomato paste
1½ cups carrots, cut into 1-inch pieces	3 tablespoons flour
1½ cups turnips, cut into 1-inch pieces	½ cup red wine or sherry
1½ cups baby onions, or 1 cup chopped onions	1 cup consommé
1 cup celery, cut into 1-inch pieces	2 tomatoes, peeled and sliced
	2 tablespoons chopped chives (optional)
	Salt and pepper

Cut chuck beef into serving size pieces. Heat 2 tablespoons butter in a heavy pan and when very hot, brown meat on all sides. Remove beef from pan, and add two more tablespoons butter. Add cut carrots, turnips, celery, onions and quartered mushrooms. Brown quickly. Add peas and green beans. Remove pan from stove, and stir in flour and tomato paste. Pour in wine and consommé. Return pan to stove, and bring mixture to a boil, stirring constantly. Add browned beef and season. Cover and simmer slowly for about one hour, or until meat is tender. Towards the end of cooking time, add peeled and sliced tomatoes. Taste and season again if necessary. Pour into a casserole dish, sprinkle with chives, and serve piping hot.

8 to 10 servings.

DELICIOUS BEEF DINNER

½ lb. fresh "Waterloo" mushrooms, sliced	1 can condensed tomato soup
1 lb. round steak, cut in ¾ inch cubes	1 tablespoon Worcestershire sauce
Flour	6 drops tabasco
2 tablespoons fat	½ teaspoon salt
½ cup chopped onion	Dash pepper
1 clove garlic minced	½ lb. package spaghetti, cooked and drained
1 cup sour cream	Grated Parmesan cheese

Brown onion lightly, garlic and mushrooms. Dredge meat with flour and brown in hot fat. Add browned onion, garlic and mushrooms. Combine sour cream, condensed tomato soup and seasonings; pour over meat. Simmer until tender, about 1 hour. Serve over hot spaghetti; sprinkle with Parmesan cheese.

6 to 8 servings.

VEAL MARENGO

When you expect guests for dinner, a casserole is the ideal main dish; it is prepared in advance, and requires no last minute rush in the kitchen.

½ lb. fresh "Waterloo" mushrooms, sliced	1 cup dry white wine
3 tablespoons olive oil	2 cups consommé or stock made from veal bones
2 medium onions, chopped	1 tablespoon tomato paste
1 clove garlic, minced	Salt and pepper
2 lbs. lean shoulder of veal, cut in bite-size pieces	

Brown veal in hot olive oil; add and brown the chopped onions, sliced mushrooms and minced garlic. Sprinkle with flour and brown a little more. Mix wine with consomme or stock; slowly add to mixture, stirring constantly. Season well. Add tomato paste. Cover closely and simmer slowly for at least 1½ hours.

6 servings.

VEAL AND MUSHROOM PIE, ENGLISH STYLE

½ lb. fresh "Waterloo"	Stock from cooked mushrooms
mushrooms, sliced	(see recipe)
2 tablespoons fat	Salt and pepper
1 small onion finely chopped	Seasonings to taste (thyme,
1 lb. shoulder of veal,	bay leaves, parsley)
cut in bite-size pieces	1 pastry recipe
4 tablespoons flour	

Simmer mushrooms in 2½ cups water. Melt fat in heavy skillet; brown chopped onion. Remove onion from hot fat. Dredge veal with flour, salt and pepper; brown in hot fat. Add 1 cup mushroom stock and seasonings. Cover tightly and simmer 40 minutes. Add cooked mushrooms and onion. Cool.

Pour this mixture into pastry lined baking dish; top with pastry in which slits have been cut. Bake at 375° F. for 30 to 45 minutes, or until top pastry is done and gold-colored.

4 servings.

STUFFED SHOULDER OF VEAL STUFFING:

½ lb. fresh "Waterloo" mushrooms, sliced very fine	½ cup chopped onion 1 clove garlic grated
1-5 lb. shoulder of veal, bone removed	2 cups diced dry bread ¾ cup milk
4 tablespoons melted lard	¼ teaspoon savory
½ cup chopped celery	Salt and pepper

TOPPING MIXTURE:

2 tablespoons melted lard	1 tablespoon vinegar
1 tablespoon prepared mustard	5 strips of salt pork or bacon
1 tablespoon brown sugar	

Have bone removed from shoulder of veal. Sauté mushrooms, celery and onion for 5 minutes in hot melted lard, stirring frequently. Add diced bread, grated garlic, milk and savory. Stuff meat with this mixture, and sew or skewer edges together. Place stuffed shoulder in an open roasting pan. Mix together 2 tablespoons melted lard, prepared mustard, brown sugar and vinegar; spread on stuffed shoulder. Top with strips of salt pork or bacon. Roast in a slow oven (300°-325° F.) until tender, allowing 45 minutes to a pound.

12 servings.

VARIATIONS:

- 1) This stuffing may be used for roast stuffed shoulder of lamb. Vary seasonings to taste.
- 2) For stuffed pork shoulder or chops, add 2 cups raw apples, unpeeled and chopped fine to this stuffing. Replace milk by apple juice, and vary seasonings according to taste.

VEAL STEAK GOURMET

1 lb. fresh "Waterloo"
mushrooms, whole
2 eggs
2 lbs. veal steak
 $\frac{1}{2}$ cup vegetable oil
1 teaspoon finely chopped
fresh parsley

3 tablespoons butter
1 sliced lemon
Flour
Bread crumbs
Salt and pepper to taste

Beat the eggs and season to taste. Place flour and bread crumbs in two different bowls. Cut veal steak into 6 equal portions. Roll steaks in flour, dip in beaten eggs, then roll in bread crumbs. Cook 8 to 10 minutes in very hot oil.

Select large mushrooms, and remove stems. Wash mushroom caps, and brush with oil or melted butter. Place caps in hot oven for 5 minutes. Meanwhile, chop stems finely and sauté in 3 tablespoons hot butter; add chopped parsley. Stuff mushroom caps with this mixture, and put them back in the oven for a few minutes.

Arrange veal steaks on a hot platter, surround with mushroom caps, and garnish with parsley and lemon slices.

N.B. If desired, this dish may be served with brown or tomato sauce.

6 servings.

SCALLOPED VEAL AND MUSHROOMS

½ lb. fresh "Waterloo" mushrooms, sliced	½ cup water or stock 3 tablespoons cream
1 lb. veal, cut in ½ inch cubes	4 tablespoons bread crumbs
2 tablespoons butter	Salt and pepper
1 small onion, finely chopped	Thyme, bay leaves and parsley to taste
1 tablespoon flour	

Dredge pieces of veal with flour. Melt butter in a heavy skillet and brown the onion. Remove onion from hot butter; brown pieces of veal. Add stock and cook 10 minutes. Add mushrooms and onion, and cook for 15 minutes. Pour mixture into buttered baking dish. Add cream, sprinkle with bread crumbs and bake 30 minutes at 350° F.

4 servings.

BARBECUED SPARERIBS

½ lb. fresh "Waterloo" mushrooms, sliced	1 tablespoon Worcestershire sauce
2 lbs. spareribs	¼ cup lemon juice
1 medium chopped onion	2 tablespoons brown sugar
2 tablespoons fat from the spareribs	1 cup Chili sauce
1 cup water	½ teaspoon salt
2 tablespoons vinegar	Dash paprika
	1 clove garlic minced

Place spareribs in a shallow roasting pan and roast in a

Place spareribs in a shallow roasting pan and roast in a hot oven (500° F) for 15 to 20 minutes. Reduce temperature to 350° F.

Remove sparerib fat from pan and measure 2 tablespoons of this melted fat into a heavy skillet. Brown onions and mushrooms 5 minutes in hot fat, then add all other ingredients and simmer for 15 minutes. Pour sauce over spare-ribs and roast in oven at 350° F. for about 1 hour, or until meat separates from bones.

3 servings.

BREAD AND SAUSAGE STUFFING

(for a 12-pound turkey)

½ lb. fresh "Waterloo" mushrooms, chopped	2 teaspoons poultry seasoning
8 cups stale (not hard) bread	2 tablespoons chopped parsley
¾ cup melted fat	1 tablespoon salt
1½ cups chopped onion	¼ teaspoon pepper
1 cup chopped celery (stalks and leaves)	1 cup chicken stock
1/3 lb. pork sausage meat	1 egg

Cut bread into small cubes. Melt fat in a large frying pan; add chopped onion and celery and cook until tender, stirring almost constantly. Brown separately pork sausage meat and mushrooms, and add to cooked vegetables. Combine mixture with bread and add seasonings. Add 1 cup, more or less, chicken stock, and lightly beaten egg. Mix well.

N.B. Consommé made from diluted chicken concentrate cube or powder may be used.

PORK CHOPS WITH MUSHROOMS

½ lb. fresh "Waterloo"	3 tablespoons butter
mushrooms, sliced	1½ cups milk
6 pork chops	Salt, pepper, and onion salt.
2 tablespoons flour	

Sauté mushrooms in butter for 10 minutes. Sprinkle with flour; stir, and add milk slowly. Cook until thick. Season.

Place pork chops in a shallow pan and brown in a very hot oven for 5 minutes. Pour mushroom sauce over chops, reduce oven heat to 350° F., and bake 1 hour, or until chops are very tender.

6 servings.

PORK CHOPS WITH MUSHROOM STUFFING

½ lb. fresh "Waterloo"	½ chopped green pepper
mushrooms, chopped	1 chopped onion
6 double pork chops	2 tablespoons butter
(1½ inch thick)	Salt and pepper to taste

Sauté mushrooms, green pepper and onion in hot butter for 5 minutes. Add seasonings. Slice pork chops along their thickness, almost to the bone; sprinkle inside and out with salt and pepper. Fill chops with mushroom mixture. Place in a shallow baking dish or roasting pan and add ½ cup of water. Bake, uncovered, in moderate oven at 350° F. for 1½ hours or until done. Garnish with parsley and lemon slices and serve.

6 servings.

CHICKEN PIE

5 or 6 pound chicken or fowl
3 cups water

A few carrots, a few stalks
of celery
Salt and pepper.

SAUCE:

½ lb. fresh "Waterloo"
mushrooms, sliced
2 cups chicken stock
1 cup cream
2 tablespoons butter

4 tablespoons flour
1 chopped onion
1 teaspoon capers
Salt and pepper to taste
1 recipe pastry

Disjoint chicken, and cook, covered, in 3 cups of water together with celery, carrots, salt and pepper, until meat begins to drop from bones. Remove skin and bones, and divide meat into fairly large pieces. Remove fat from stock. Measure 2 cups of this chicken stock, and add 1 cup cream. Thicken with flour and season. Sauté mushrooms and onion in hot butter; add to sauce and cool. Line a deep baking dish with pastry; fill with chicken meat, alternating white and dark meat. Cover with sauce. Top with a layer of pastry previously slashed in several places to allow escape of steam. Press edges together with fork; brush with milk. Bake for 15 minutes in very hot oven (450° F.), then lower temperature to 350° F. and cook for about 45 minutes.

6 servings.

OVEN BARBECUED CHICKEN

with mushroom sauce

½ lb. fresh "Waterloo" mushrooms, sliced	1 cup ketchup
3 to 3½ lb. frying chicken	2/3 cup water
¼ cup flour	2 tablespoons Worcestershire sauce
Salt and pepper for chicken	2 drops tabasco
¼ cup fat or cooking oil	1 tablespoon brown sugar
3 tablespoons butter	¼ teaspoon salt
½ cup sliced onion	¼ teaspoon paprika
1/3 cup sliced green pepper	

Disjoint chicken, wash and dry well. Season flour with salt and pepper and dredge chicken pieces. Melt fat in a heavy skillet, and fry chicken pieces until brown. Transfer to a 2-quart casserole.

Sauce: Melt butter in a saucepan, add onion, green pepper and mushrooms. Cook until tender. Stir in remaining ingredients and bring to a boil. Pour over fried chicken. Cover and bake in a moderate oven (350° F.) 45 minutes or until tender.

6 servings.

COQ AU VIN

(Parisian way to cook chicken)

½ lb. fresh "Waterloo" mushroom caps	Salt and pepper
1 5 lbs. frying chicken, disjointed	Bouquet garni
Flour for dredging	Red Burgundy wine
4 tablespoons butter	12 small onions, or ½ cup chopped onions
	4 slices salt pork diced

Flour for dredging
4 tablespoons butter

or ½ cup chopped onions
4 slices salt pork diced

Disjoint a frying chicken; wash and dry thoroughly. Dredge chicken pieces in flour. Sauté in 4 tablespoons hot butter until chicken is brown on all sides. Sprinkle with salt and pepper. Add a bouquet garni and enough red Burgundy wine to cover. Simmer gently, tightly covered, for about 40 minutes, or until chicken is tender. Sauté small onions with diced salt pork until browned. Cover and cook slowly until onions are tender. Add mushroom caps and cook until mushrooms also are tender. Arrange mushrooms, onions and salt pork on a warm platter. Place chicken pieces on top and strain sauce over the chicken.

6 servings.

CHICKEN À LA KING

½ lb. fresh "Waterloo"
mushrooms, sliced
2 tablespoons butter
½ chopped green pepper
2 tablespoons flour
1 cup chicken stock

2 cups diced cooked chicken
1 cup cream
2 egg yolks
1 diced pimiento
Salt and pepper to taste
3 tablespoons sherry (optional)

Sauté pepper and mushrooms in hot butter. Lift out. Add flour to butter, then pour in stock slowly, and cook until thickened, stirring constantly. Add chicken, sautéed mushrooms and pepper, and heat thoroughly. Remove from heat and add cream mixed with beaten egg yolks and other ingredients. Serve at once on patty shells or pieces of buttered toast, or keep warm over hot, not boiling water. Sherry is optional.

4 servings.

N.B. Use same procedure for Fish à la King.

CASSEROLE OF CHICKEN AND RICE

½ lb. fresh "Waterloo" mushrooms, sliced	¼ teaspoon salt
1 cup long grain rice	1 tablespoon Worcestershire sauce
2 tablespoons fat	1½ cups diced cooked or canned chicken
2 tablespoons butter	1/3 cup chopped pimiento
2 tablespoons flour	1/3 cup chopped green pepper
1 can (15 ozs) evaporated milk	1 cup fine dry bread crumbs
1 cup chicken broth	2 tablespoons butter

Brown rice in hot fat, stirring constantly (5 to 8 minutes). Then cook, covered, in boiling salted water 10 to 15 minutes, or until almost tender; drain. Brown mushrooms five minutes in 2 tablespoons melted butter. Blend in flour. Stir in milk, then broth; cook until thick, stirring constantly. Remove from heat. Add seasonings, cooked rice, chicken and vegetables. Pour into 2-quart casserole. Toss fine bread crumbs with 2 tablespoons butter; sprinkle on top. Bake in a moderate oven (350° F) 30 minutes.

6 servings

MUSHROOM MEAT LOAF

¼ lb. fresh "Waterloo" mushrooms, sliced	¼ cup bread crumbs
1 medium-sized onion, chopped	1 teaspoon Worcestershire sauce
1½ lbs. minced beef	1 teaspoon prepared mustard
½ lb. minced pork	Sliced bacon, or strips of fat salt pork
2 teaspoons parsley	Salt and pepper
½ cup milk	
2 eggs	

Sauté onion and mushrooms in hot butter. Add chopped parsley. Combine with minced beef and pork and bread crumbs. Blend well, then add eggs beaten with milk. Add prepared mustard, Worcestershire sauce and seasonings. Pack in a buttered loaf pan, and top with slices of bacon or strips of fat salt pork. Bake at 350° F. one hour, or until well done. This loaf can be served with mushrooms, tomato, spanish or white sauce

6 servings.

SAVOURY MEAT LOAF

¼ lb. fresh "Waterloo" mushrooms, diced	1 tablespoon chopped parsley
1 lb. ground beef	2 eggs
½ lb. ground pork	1/3 cup milk
½ lb. ground veal	1 can (8 ounces) tomato sauce
½ cup chopped onion	1 tablespoon Worcestershire sauce
½ cup chopped green pepper	2 teaspoons salt
1½ cups toasted bread crumbs	2 teaspoons prepared mustard
2 tablespoons butter	½ teaspoon oregano
	¼ teaspoon pepper

Sauté mushrooms 5 to 8 minutes in hot butter. Mix all ingredients. Pack in a 9½ x 5 inch loaf pan. Bake in a moderate oven (350° F.) 1½ hours. Chill and serve.

6 to 8 servings.

N.B. This meat loaf can also be served hot with a brown or spanish sauce.

FOR YOUR OWN MUSHROOM RECIPE CLIPPINGS

